



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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## Dr. Levy's Recommendations for Bladder Conditions

These are helpful recommendations for bladder irritation and infection:

1. Avoid coffee, even decaf.
2. Avoid soda, all varieties.
3. Avoid artificial sweeteners (can cause inflammation and even bladder cancer).
4. Check urinary pH frequently and rebalance to achieve 7.2 – 7.4 pH.
5. Drink organic unsweetened cranberry juice, 2-3 Tablespoons in 6-8 ounces of water frequently.
6. Use Uva Ursi tincture, tea, or capsules.
7. Use cranberry tincture or capsules.
8. Consider adding additional herbs:
  - Dandelion
  - Elder Blossom
  - Fennel
  - Goldenrod
  - Huckleberry
  - Linden Flowers
  - Lovage
  - Oat Straw
  - Rose Hip
  - Shave Grass
  - Stinging Nettle
  - Turmeric
  - Uva Ursi
  - Watercress
9. Consider adding D-Mannose 500mg daily to deter or combat urinary tract infection.  
*Be aware some GI and other side-effects may occur with D-Mannose.*